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## Teaching in the Time of COVID-19

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This project uses a case study approach to examine teaching experiences during a year of the COVID-19. While studies were conducted early on investigating the relationship between obesity, sedentism, isolation, and the pandemic lockdowns, few looked into the changes made by physical education teachers. In a matter of days, physical education teachers were forced to create an entirely new paradigm to operate within. The purpose of this project was to investigate the factors including socioeconomic, health, safety, and psychological stress that affected an individual physical education teacher during the pandemic. The presentation will highlight relevant research and create a timeline for teaching throughout the waves of the pandemic. The presentation hopes to highlight the daily struggles and challenges facing individuals during the pandemic. As many people have been forced to work in unfavorable conditions, their individual stories need to be heard.